

## Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106  
Suttons Bay, MI 49682

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[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)

[seniorinfo@leelanau.gov](mailto:seniorinfo@leelanau.gov)

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

### April Missias

Director

### Gail Carlson

Aging Well Resource Coordinator

### Victoria Maggio

Care Coordinator

### Armanda Krantz

Account Clerk

### Chet Janik

County Administrator

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& a portion of Suttons Bay Township)  
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#### Melinda Lautner

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January / February 2022

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*

Dear Friends,

I am always eager to welcome the new year. It is a beautiful gift, all shiny and new. I notice a shift in the perspectives of our community and the people surrounding me. The phrase let bygones be bygones resonates in the air.

I do not always make a new year's resolution. The past few years a friend of mine and I will choose a word to place our intentions on for the year; love, joy, freedom, etc. As we welcome in 2022 this approach may be the most apropos. The pandemic has put a spin on many of our lives, leaving many with grief, fear, anxiety and anger.

We at LCSS work extra hard at times to make sure we also look for all the blessings and positive things that continue to occur in spite of some of those negative feelings and thoughts.

This past December, I saw a funny cartoon that said that for the year 2022, nobody should acknowledge the year, or say this year is going to be their year. We should just quietly enter 2022 with the hopes that if we don't acknowledge it or state it is going to be an amazing year that it will actually be a great year or at least a better year. Upon reading this, I laughed out loud.

As a mother, my husband and I will often say to one another, "Don't make eye contact or say something, but the kids are enjoying eating broccoli, or they are cleaning their room without being asked, etc." Instead, we enjoy a quiet, eye gazing celebration until the act is finished at which point, we will acknowledge them for trying a new food or helping the family.

As I quietly tip toed into 2022, I turned and symbolically bid 2021 adieu, thanking it for all the opportunities we had to show and witness bravery, unconditional love, and perseverance. 2022 is still brand new, and I am doing my best to not fully acknowledge my expectations of it or for myself, except to say that I am *hopeful* and will strive to be present in each moment. Each moment, I am forced to either pivot or am blessed with an eye gazing celebration with my husband, friend, or colleague will continue to be a gift.

Whether you tip toed into 2022 or gregariously welcomed it with open arms, may your day, month, this season and this year be full of hope.

Warmly,

*April*

## **C.S.F.P.**

### **The Commodity Supplemental Food Program**

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

#### **Q. INCOME REQUIREMENTS**

Less than  
\$1,396 Month or \$16,744 Yr

#### **Q. WHAT DO I NEED TO SIGN UP?**

Picture Identification  
(driver's license, state ID, or passport)  
Proof of household income

#### **Q. HOW DO I SIGN UP?**

Call: Northwest Michigan  
Community Action Agency  
1-800-443-2297

or

Leelanau Christian  
Neighbors  
7322 E Duck Lake Rd  
Lake Leelanau, MI 49653  
During distribution date/  
time

#### **Q. WHEN DO I SIGN UP AND PICK UP FOOD?**

The third Tuesday of every  
month from  
12:00 p.m. - 1:00 p.m.

#### **Q. WHAT WILL I RECEIVE?**

Your monthly food package  
may contain:

Juice  
Canned fruits  
Canned vegetables  
Milk (dry or evaporated)  
Cereal  
Cheese  
A varied starch item  
A varied protein item

## **Foot Care Program**

### **Foot Care Vouchers Are Available**

**\$15.00 ea**

Seniors can purchase up to 6 vouchers annually.

There are 3 ways to purchase your vouchers.

1. Mail a check
2. Call and pay by credit card
3. Stopping in the office

LCSS is collaborating with Comfort  
Keepers to provide a foot care clinic  
the first Friday of each month

from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

#### **Upcoming schedule:**

Friday, January 7, 2022  
10:00 a.m.—1:00 p.m.

Friday, February 4, 2021  
10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her  
salon, *Linda Lou's* in Lake Leelanau.

You may contact her directly to schedule an appointment.  
Her phone number is (231) 883-4529.

## **Covid Vaccines**



LCSS is working with the  
Benzie-Leelanau Health Department  
scheduling Covid vaccines.

Call LCSS (231) 256-8121 to schedule your  
vaccine or booster.

SCHEDULE A  
COVID-19 VACCINE  
APPOINTMENT



## **Who We Are**

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care\*
- ♦ Respite Care\*
- ♦ Homemaker\*
- ♦ Medication Management\*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons\*\*

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

\* Income and asset tested through application and home evaluation process.

\*\* Funded by USDA

## **January is Glaucoma Awareness Month**

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it.



Over time, you may slowly lose vision, usually starting with your side (peripheral) vision — especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first.

But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness.

There's no way to prevent glaucoma. You can help protect yourself by having dilated eye exams yearly. Glaucoma can be treated with prescription eye drops, lasers, or surgery.

Tips for healthy eyes at any age

There are things you can do to take good care of your eyes and help keep them healthy as you age:

Protect your eyes from sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.

Stop smoking.

Make smart food choices.

Be physically active and maintain a healthy weight.

Maintain normal blood pressure.

Manage diabetes (if you have it).

If you spend a lot of time at the computer or focused on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain.

<https://www.nia.nih.gov/health/aging-and-your-eyes>

## **Archives for newspaper**

Did you know, you can access archived newspaper articles through [digmichnews.cmich.edu](http://digmichnews.cmich.edu) website? I was excited to be able to access my grandfather's obituary from September 18, 1958. Thank you to everyone who made this possible to search for historical and family research. ~ Armanda

### **Home**

As we sit in homes at kitchen tables and in living rooms, we have the privilege of witnessing the intimate relationships seniors have with their family members, their community, and more often than not the relationship with their homes and land. There is something to be said about place. Leelanau County Senior Services strives to support seniors in remaining in their homes and living life on their terms, and when it becomes challenging to remain in their homes, we offer resources for services available in their homes as well as what housing options are available in our area.

### **In Home Services**

There is often a misconception that Medicare will pay for in-home services related to personal care, respite care, homemaking, and medication management. Those types of services may be provided after a hospital stay for a short period of time, if you qualify for Area Agency on Aging's Care Management program, a Medicare Waiver program (based on income and care needs), or Leelanau County Senior Services will pay for some in home services for seniors that meet income and asset guidelines.

Otherwise, they are typically private pay services.

Upon a three night stay in the hospital, Medicare will pay **up to** 100 days for rehab in a rehab facility or at home. If you are under a doctor's care you may qualify for intermittent skilled nursing care, physical therapy, speech language, and occupation therapy in your home.

If you meet the medical qualifications to qualify for skilled nursing care and also meet the income and asset guidelines to qualify for Medicaid, you may be eligible for the MI Choice Waiver program that would provide in-home services in order to remain in your home.

There are a number of home health companies who can provide services related to personal care, respite care, homemaking, and medication management for private pay. Services range from \$30 to \$40+ per hour with a minimum of at least two to three hours. Services that require a nurse are \$65 and up per hour. If you were looking to have someone in your home 24/7 the average cost would be approximately \$600 per day, or \$18,000 a month.

Some long-term care insurance policies will pay for in home services, or if you are a veteran, you may be eligible for in home services paid for by the VA.

### **Senior Housing**

There are a variety of senior housing options available in the Grand Traverse Area. On average, one bedroom apartments range from \$1,500 to \$4,000 plus per month in a Retirement Community. Orchard Creek is an example of a continuum of care in Leelanau County. They offer independent 1, 2, and 3-bedroom senior apartments beginning at \$1,641 for a one bedroom, \$1,911 for a two bedroom and \$2,360 for a three-bedroom apartment.

- Orchard Creek's Assisted Living Facility offers Studio, 1, and 2 bedroom apartments. They are staffed 24 hours per day. Studio apartments begin at \$3,700 per month, 1-bedroom apartments begin at \$4,300 per month and two bedrooms begin at \$5,100 per month. Assisted living facilities are not licensed by the state.
- Orchard Creek's Supportive Care's rate is \$6,700 per month. They provide private apartments with secured exits and entries, and a high staff to resident ratio.
- Adult Foster Care homes offer another option for seniors requiring 24 hour care. They can range from \$1,200 to \$6,000 plus per month. They are licensed by the state. They typically accept private pay, long term care insurance, and Medicaid.
- Medicare will pay for skilled nursing or rehab **up to** 100 days. Medicare covers 100% up to 20 days, and 80% from day 21 to 100. After 100 days a senior can apply for Medicaid or pay privately. The average cost for a nursing home or skilled care in Michigan is \$300 plus per day, or \$9,000 to \$10,000 plus per month.

As you can see it can be rather complicated when trying to anticipate and plan for long term care.

Our office is well versed in the options available and are ready to assist you in determining what options may best meet your needs and connect you with the proper resources.

## Caregiver Support Group



**Presented by:**  
**Alzheimer's Association**  
**Michigan**

4th Wednesday of the month  
2:00 p.m. – 3:00 p.m.

*Meets by phone and Zoom  
with Leelanau County Senior Services*

*For questions and information call LCSS  
and ask for Victoria 231-256-8121*

Visit [alz.org/gmc](http://alz.org/gmc) to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, at [alzconnected.org](http://alzconnected.org).

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



Our guest speaker will be award winning playwright and theatre maker Andrew Morton from TimeSlips. Learn more about how to creatively engage with someone with dementia. Support Group members will receive a free Creative Care Imagination Kit: a beautifully designed resource that invites caregivers and their loved ones to shift from the expectation of memory to the freedom of imagination.

# THE CARE GAP IS GROWING

Valuing the Invaluable

**Rising demand** and **shrinking families** will increasingly strain family caregivers and those they care for.



In 2010, there were **7.1 potential family caregivers** for every person 80+.



By 2030, there may be only **4.1 potential caregivers** for every person 80+.



AARP Public Policy Institute | [www.aarp.org/valuing](http://www.aarp.org/valuing)

**Leelanau County Senior Services** has been participating in several organizations, coalitions, attending conferences, and reading research over the years to stay abreast of best practices for providing services as well developing an understanding the impact of baby boomers growing older in light of population shifts. For a long time, we were thinking about these changes in abstract terms, but in 2021 we began to see the reality of providing services and supports for seniors within a caregiver shortage.

The caregiver shortage can be related to several points ranging from lower wages, stress, physical and emotional strain, lack of respect, lack of support, etc. This does not even begin to acknowledge the challenges of most seniors having a need for an unpaid caregiver such as a family member or friend.

Some of the challenges Leelanau County is beginning to face is in relation to the large percentage of seniors who reside in our county being upwards of 43%, the cost of hired caregiving services, the number of caregivers willing to travel to remote parts of our county to provide services, the disproportion of seniors and younger generations available and willing to provide caregiving. LCSS is preparing for today and continuing to keep our eye on what will be needed in the future to assist seniors in living life on their terms. We challenge you to reflect on how you want to live your life, and begin to prepare for how your needs will be met should you be met with a life changing event. We are happy to help guide you towards current and possible future resources available to you as you strive to live life on your terms.

**ShareCare** is launching a new program to help family members manage the stress they encounter in their role as caregivers. The program will use volunteer coaches to support family caregivers. Program goals are stress reduction, more confidence in providing care, and improved skills with managing care.

Family members often take on the role of unpaid caregiver, and they are doing so for loved ones who may have increasingly complex medical or support needs. Data compiled by AARP on family caregivers suggest many caregivers may be taking on this role without adequate support in place. The stress associated with caregiving may contribute to the caregivers own decline in health. Caregivers often feel overwhelmed, worried, angry and sad. Many lack sleep and feel tired often, and they also feel guilty if they take time to themselves. Caregiver burnout is familiar among those caring for a loved one, and they need support to ensure they do not decline to the point they can no longer care for themselves or the person in their care.

As the aging population continues to grow, the need to support caregivers will only become more important. In addition to the family caregiver coaching program, ShareCare offers a monthly Caregiver Support Group. For more information on either program or to sign-up, contact Danielle Gray at 231-256-0221 or email [Danielle@sharecareleelanau.org](mailto:Danielle@sharecareleelanau.org).

# January 2022

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <i>Happy New Year</i>
<b>2</b>	<b>3</b> LCN 2-6	<b>4</b> Empire Food Pantry 4:30-5:30	<b>5</b>	<b>6</b>	<b>7</b> Elmwood foot care clinic	<b>8</b>
<b>9</b>	<b>10</b> LCN 2-6	<b>11</b> Empire Food Pantry 4:30-5:30 Commodities	<b>12</b>	<b>13</b> MMAP Specialist	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> LCN 2-6 Office Closed	<b>18</b> Empire Food Pantry 4:30-5:30	<b>19</b>	<b>20</b>	<b>21</b> Office Closed	<b>22</b>
<b>23</b> <b>30</b>	<b>24</b> LCN 2-6 <b>31</b>	<b>25</b> Empire Food Pantry 4:30-5:30	<b>26</b> Alzheimers Zoom Meeting	<b>27</b> MMAP Specialist	<b>28</b>	<b>29</b>

Food Commodity or Surplus every 3rd  
Tuesday of every month

# February 2022

For more information on surplus &  
commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b> Estate Planning	<b>4</b> Elmwood foot care clinic	<b>5</b>
<b>6</b>	<b>7</b> LCN 2-6	<b>8</b> Empire Food Pantry 4:30-5:30	<b>9</b>	<b>10</b> MMAP Specialist	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> LCN 2-6	<b>15</b> Empire Food Pantry 4:30-5:30	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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<b>27</b>	<b>28</b>					



## **Food Corner**

Happy New Year and I'm back to eating healthy, trying to lose weight and be all around healthier. Last night I made this easy fish recipe in my instant pot. It was fast, easy and healthy. Wish me luck for the upcoming year.  
Enjoy ~ Armanda

### **Instant Pot Panko-Crusted Cod**

1/2 c. panko bread crumbs  
2 TBS olive oil  
2 tsp lemon zest  
1/4 tsp salt  
1/4 c mayonnaise  
2 tsp lemon juice  
1/2 tsp dried thyme  
4 (6-oz) fillets cod or other white fish  
1 c water  
1 lemon (cut into 4 wedges)

#### **Directions:**

1) Press the Sauté button, then press the Adjust button to "More" or "High". When the display says "Hot," add the bread crumbs and cook for about 2 minutes, or until golden brown, stirring frequently. Stir in the oil, lemon zest, and salt. Remove from the pot and set aside on a plate.

2) In a small bowl, , combine the mayonnaise, lemon juice, and thyme. Spread equal amounts over the top of each cod fillet.

3) Place the water and steamer basket in the Instant Pot. Add the fish to the steamer basket, mayonnaise side up. Seal the lid, close the valve, press the cancel button, and set the Manual/ Pressure Cook for 3 minutes.

4) Use a quick pressure release. When the valve drops, carefully remove the lid. Remove the steamer basket and fish from the pot. Serve the fish topped with the bread crumb mixture. Serve with the lemon wedges to squeeze over all.

<https://www.diabetesfoodhub.org/recipes/instant-pot-panko-crusted-cod.html>

#### **Reminder:**

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.



## **Cell Phones**

The National Association of State 911 Administrators (NASNA) is issuing a warning to consumers that older phones may cease operating in early 2022 due to the retirement of 3G networks and support for phones using 3G service. This may include other devices that use 3G connectivity, such as some medical alert devices, tablets, smart watches, home security systems, and other devices.

"It is vitally important that the public be aware that national 3G networks will no longer work sometime early next year. These networks support older phones and devices that won't work after the 3G network goes away" said Harriet Rennie-Brown, Executive Director of NASNA.

The nation's three major wireless carriers (AT&T, Verizon, and T-Mobile) have each announced that they plan on discontinuing 3G service in favor of 4G (LTE) and 5G service next year. According to the FCC's website, AT&T will discontinue service in February, T-Mobile/Sprint will discontinue service between March and July, and Verizon will discontinue service at the end of 2022.

Most users of these services will be notified directly by the carriers if this discontinuation affects them. Older phones with no service used to call 9-1-1 in an emergency may not work after 3G service is discontinued.



# Emergency Home Repair funds offered through Leelanau County

For information  
about other  
services  
offered at  
NMCAA, visit  
[www.nmcaa.net](http://www.nmcaa.net).



**Northwest Michigan  
Community Action  
Agency**  
3963 Three Mile Road  
Traverse City, MI  
49686



*NMCAA is an equal opportunity  
employer, provider and lender.  
Discrimination is prohibited by  
federal law.*

**Northwest Michigan Community Action Agency**  
is assisting the County in administering this Program.

*For more information - Contact NMCAA at the number below*



**Funding may be available for items such as:**

- **Roof replacements**
- **Heating systems**
- **Water Heaters**
- **Wells & Septics**
- **Plumbing repairs**
- **Electrical hazards**
- **Handicap accessibility**
- ...and more!*

**Call: Leslie Casselman at (231) 346-2121 or**

**Email: [lcasselman@nmcaa.net](mailto:lcasselman@nmcaa.net)**

**To find out if you qualify for assistance with your emergency  
Repair. Funds provided as grants or loans depending on the cost.**

*The hearing impaired should contact us through  
the Michigan Relay Center at 1-800-649-3777.*

## Food Pantries:

**Leelanau Christian Neighbors** is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

**The Empire Food Pantry** is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

**Meals on Wheels:** Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

# 7 Strategies to Live a Heart-Healthy Lifestyle

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other **serious chronic conditions** like **type 2 diabetes** and some kinds of **cancer**.



1

### Learn Your Health History

Know your risks and talk to your family and doctor about your health history.



2

### Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.



3

### Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



4

### Quit Smoking

Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.



5

### Take Medicines as Directed

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.



6

### Rethink Your Drink

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.



7

### Monitor Your Blood Pressure at Home

Self-measured blood pressure monitors (SMBPs) are easy and safe to use and your doctor can show you how to use one if you need help.

Learn more about keeping your heart healthy by visiting [www.cdc.gov/heartdisease/prevention.htm](http://www.cdc.gov/heartdisease/prevention.htm).



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

@CDCChronic | [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)

For more healthy tips on preventing heart disease:  
<https://www.youtube.com/watch?v=C-3fEsAf3yw>

## **Veterans services and support**

### **Veterans Affairs**

(Disability, Pension, Death  
Benefits, etc.)

1-231-995-6070

A VA representative is at the  
Leelanau County  
Government Center  
on Tuesdays only.  
Call for appointment

### **Grand Traverse County Chapter Disabled American Veterans**

(Coordinates  
transportation to VA  
medical facilities)  
1-231-313-9357

### **VA Clinic**

(Health Care)  
1-231-932-9720

### **Vet Center**

(Readjustment  
Counseling-PTSD)  
1-231-935-0051

### **Supportive Services for Veteran Families**

(Homeless Veterans)  
1-844-900-0500

Please contact one of these  
service providers if you or  
someone you know can  
benefit from any or all of  
these resources.

### **Veterans In Crises**

(850) 294-3230

[veteransincrisis.org](http://veteransincrisis.org)

A community-Based Effort to  
Help Veterans in Northern  
Michigan

## **VOLUNTEERS NEEDED**

Once again the AARP Tax Aide Program will be partnering with the Leelanau County Senior Services Department to provide federal and state income tax return preparation services to Leelanau County seniors.

AARP Tax Aide is looking for volunteers to function as tax return preparation counselors at Suttons Bay. If you are interested in volunteering for this program or would like additional information please e-mail Cynthia Glines at [glinesc@chartermi.net](mailto:glinesc@chartermi.net) or call Leelanau County Senior Services at (231) 256-8121 and we will get her a message with your contact information.

### **Medicare/Medicaid Assistance Program (MMA)**

We are very lucky to have Bruce Barnes, a MMA counselor from the Area Agency on Aging, sharing his expertise while providing assistance to seniors regarding Medicare and Medicaid. He holds office hours twice a month here at the Government Center and can work with you in person or over the phone. He can help you get signed up for Medicare or Medicaid, choose a health care or drug plan, or see if you may be eligible to have your part B Medicare premiums or prescription drug plans paid for through a state assistance Medicaid benefit if you meet income and asset levels. Please call the LCSS office at 231-256-8121 to make an appointment to talk with Bruce.



There is no charge for this invaluable service.

### **Dates the Government Center is Closed**

Friday	12/31/21	New Year's Day, Observed
Monday	01/17/22	Martin Luther King, Jr. Day
Monday	02/21/22	Presidents' Day
Friday Noon	04/15/22	Good Friday Afternoon
Monday	05/30/22	Memorial Day
Friday	07/04/22	Independence Day
Monday	09/05/22	Labor Day
Thursday	11/11/22	Veterans Day Observed
Thursday	11/24/22	Thanksgiving Day
Friday	11/25/22	Friday after Thanksgiving Day
Friday	12/23/22	Work Day before Christmas
Monday	12/26/22	Christmas Eve

LEELANAU COUNTY SENIOR SERVICES  
8527 E. Government Center Drive, Suite 106  
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# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*



**Leelanau County Senior Services**

[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)